Dear from and Dad.

The weather in haples has continued surmy and warm since my arrival one week ago.

The four day 4th of July celebration at Carney Park ended yesterday. On Saturday there was a 10 k race in which Vichie and I did quite well. She came in and for Oren-30 women and I was 3rd for Oren-40 men. Since the winner in my age group finished only 30 seconds ahead of my 45:17, I was happy with the result. We both got a small medal.

yesterday we drove up the freeway towards Rome and then turned off to visit some small towns perched on nearby hills. There towns were established by tribes which were independent before home conquered them in the 3rd and 4th centuries B.C. In several cases the massive walls erected by these tribes are still in place. The buildings are neura, of course, but still go back to the middle ages. We also stopped in the resort gringa and visited the mineral spring. For #2. one is admitted to a large park-like area in the middle of which is a long arcade with many chairs & fountains which furnish the water. It was very good after a long, hot drive. Lave, fim